



**ULTIMATE ELITE ALL-STAR**  
**LEVEL SKILLS TRYOUT INFORMATION**

**Level 1 Skills:**

Standing Tumbling: Forward and Backwards Rolls to standing position, Cartwheel, Round off  
Bonus Points awarded for Front and Back Walkovers

**Stunts:**

Flyer: Single Leg Stunt at Waist Level (minimum requirement Lib)  
More points will be rewarded at tryouts for executing a proper Heel Stretch

Bases: Must be able to support Flyer in a 2 leg Waist Level stunts  
More Points will be awarded for 2 leg Prep Level stunts

**Level 2 Skills:**

Standing Tumbling: Back Handspring  
Bonus Points awarded for back walkover into back handspring  
Running Tumbling: Round off Back Handspring  
Bonus Points awarded for Multiple Back Handsprings or Front walkover/Round off/Back Handspring Combo

**Stunts:**

Flyer: Single Leg Stunt at Prep Level (minimum requirement Lib)  
More points will be rewarded at tryouts for executing a proper Heel Stretch

Bases: Must be able to support Flyer in a 2 leg extended stunts

**Level 3 Skills:**

Standing Tumbling: Back Hand Spring  
Running Tumbling: Round off Back Tuck  
Bonus Points Awarded for Aerial Cartwheel or Front Tuck

**Stunts:**

Flyer: Single Leg Stunt at Prep Level (minimum requirement Lib)  
Straight ride basket  
More points will be rewarded at tryouts for executing a proper Heel Stretch  
More points will be rewarded at tryouts for executing a full twist cradle from 2-leg stunt  
More points will be rewarded at tryouts for executing a proper Toe-touch Basket

Bases: Must be able to support Flyer in a 1 leg extended stunts  
More points will be rewarded for executing a proper Basket Toss

The following skills will not increase your placement level as they are not legal in the levels we compete in:  
X-outs, layouts, layout step out, whips, pikes, aerial walkovers, Arabians, or full-twisting tumbling skills.

### Roster Sizes:

#### **Youth Level 1** (ages 11 and younger):

will compete in Prep Season Division (2 minute routine)

4 Flyers

16 Bases

#### **Junior Level 2** (ages 14 years and younger):

will compete in Prep Season Division (2 minute routine)

4 Flyers

16 Bases

#### **Junior Level 3** (ages 14 years and younger) or Senior Level 3 (ages 10-18):

will compete in Full Season Division (2 minute 30 second routine)

4 Flyers

12 Bases

In the event that we do not have enough Level 3 athletes to build a competitive team we will have a Level 2 Full Season Team (will be able to basket toss)

Alternates may be named to teams at tryouts based on scores.

### Trial Prep Class Fee - \$25.00:

January 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> from 6:00 PM – 8:00 PM

Trial Prep Classes are highly recommended for all cheer athletes to attend.

The benefits of attending the trial prep class are: Get to meet the Cheer Coaches, access to spring floor for tumbling, basic stunting warm up, learn the trial dance, perfect motions & mock trial.

**UEA 2017 Tryout Video - \$15.00** (Optional if you can't make it to the Trial Prep Classes)

*Tryout Packet must be completed and turned in by Friday, January 6th, 2017*

**Tryout Day: Saturday, January 7<sup>th</sup> at 9:00 AM**

Rosters posted no later than: Sunday, January 8<sup>th</sup>.

USASF Membership must be paid prior to attending first day of practice after team placement (\$30 register online at <https://usasfmembers.net>)

